

Sevier Park Regional Community Center

3021 Lealand Lane, Nashville, TN 37204 - 615-862-8466

Club Room Dance Studio Gymnasium (\$ – Paid Class)	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
August 2015 Program Schedule <u>Facility Coordinator</u> Vickie Craighead <u>Program Coordinator</u> Allison May <u>Recreation Leaders</u> Ashley Chatman Tracye Davis Marquez Foxx Preston Manuel Jermell McIntosh Darreth Walker Jim Walkden <u>Class Instructors</u> Arielle St. Pé Katherine Correa Shameka Freeman William Graham Carla Hart Jamal Hutchinson Summer Lengier Nick Majors Kathy Moore Dru Peck Kelly Simmons Charturah Smith Kristi Stucker	7:00-9:00am Adult Open Gym (Basketball)	7:00-9:00am Adult Open Gym (Basketball)	6:00-7:00am Boot Camp(\$) w/ Charturah	7:00-9:00am Adult Open Gym (Basketball)	6:00-7:00am Boot Camp(\$) w/ Charturah	8:00-10:15am Open ½ Gym (Basketball)
	9:30-10:30am Gentle Yoga(\$) w/Arielle	9:00-10:00am Pi-Yo(\$) w/Kristi	7:00-9:00am Adult Open Gym (Basketball)	9:00-10:00am Pi-Yo(\$) w/Kristi	7:00-9:00am Adult Open Gym (Basketball)	8:00-11:45am Family Open GYM ½ GYM
	9:00-noon Badminton	10:15-11:15am Yoga (\$) w/ Will	8:15-9:15am Zumba(\$) w/ Shameka	10:00-11:00am Senior Strength(\$) w/ Shameka	8:15-9:15am Zumba(\$) w/ Shameka	8:00-9:0 R.I.P.P.E.D(\$) w/Kristi
	10:30-11:30am Parkinson's Body Movement Awareness w/ Katherine	10:30-11:30 Tot Time (ages 1 to 3) Starts 9/15/15	10:00-10:45am RAINBOW Dance (\$80) Aug 12-Oct 14	10:00-11:00am Vinyasa Yoga(\$) w/ Summer	9:00-noon Pickleball	9:00-10:00 Vinyasa Yoga(\$) w/ Jamal
	11:30-12:15pm Pound(\$) w/ Kathy	10:00-11:00am Senior Strength(\$) w/ Diane	10:30-11:30am Parkinson's Body Movement Awareness w/ Katherine	10:30-11:30am Dramatic Play(\$32) (ages 3-5 w/ adult)	10:00-11:00am Prenatal Yoga(\$) w/Arielle	10:00-11:00am Senior Strength(\$) w/ Charturah
	12:30-1:30pm Vinyasa Yoga(\$) w/ Nick	3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)	12:30-1:30pm Vinyasa Yoga(\$) w/ Nick	3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)	12:30-1:30pm Vinyasa Yoga(\$) w/ Nick	10:15-11:00 (3-4 ½) (\$112) Creative Movement Aug 15-Nov 21
	3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)	5:30-6:30pm Pi-Yo(\$) w/ Kristi	3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)	4:30-5:15pm (\$120.00) Pre-Ballet (6-7 yrs) Aug 13- Nov 19	3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)	10:30-11:30am Zumba(\$) w/ Shameka
	3:15-4:15pm 4:15-5:15pm ROCKSTAR(\$208.00)	6:30-7:15pm Pound(\$) w/ Kathy	5:00-6:00pm Afro-Caribbean(\$120.00) (ages 6-11yrs) Aug 12-Nov 18	5:15pm-6:00pm (\$120.00) Beg. Ballet (7+ yrs) Aug 13- Nov 19	5:30-6:30pm Boot Camp(\$) w/ Kristi	11:00-11:45 (4 ¼-5) (\$112) Creative Movement Aug 15-Nov 21
	5:30-6:30 Pilates Fusion(\$) w/ Kelly	6:30-7:30pm Yoga(\$) w/ Will	5:30-6:30pm Boot Camp(\$) w/ Dru	6:00-7:00pm Zumba w/ Kristi	6:00-7:15pm Family Open Gym	
	5:30-6:30pm Boot Camp(\$) w/ Dru	6:00-8:00pm Pickleball	6:00-7:00pm Afro-Caribbean(\$) (ages 15 - adult)	6:00-8:00pm Badminton (Adult)	***Days Metro Schools are out for breaks the After School Program will run 10:00-4:00. Programs in the gym will be cancelled	
	6:30-8:00pm Chicago Style Steppin w/ Carla		6:30-8:00pm Adult Open ½ Gym	6:30-7:30pm Yoga(\$) w/ Will		
	6:30-8:00pm Ladies Night Basketball Family Open ½ Gym		7:00-8:00pm Dance Fit(\$) w/ Andrea			



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After School Program – A free program for children ages 6 to 14yearsold. Mon-Fri. 3:00-6:00pm. Registered children participate in sports, arts, games, etc... Lead by Sevier Park staff.

AFRO-CARIBBEAN-Students who love to move will enjoy this high-energy dance class that combines the infectious rhythms of African & Caribbean drumming with movement and oral traditions from the regions.

Beginner Ballet- Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting.

Boot Camp - Mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little bit further than they would normally push themselves in the gym.

"Chicago Style Steppin" - a cultural dance art form with a unique appeal to encourage fun, enhance physical activity and build lasting friendships.

Creative Movement - introduces young children to the joy of dance with a blend of movement, music, rhythm, and creative imagery to help them develop a musical ear, locomotor skills and physical coordination in a developmentally appropriate way, all while having fun! Ages 3-4 ½ yrs

Dance Fit - is a medium-to-high intensity, danced-based cardio fitness class that's FUN. With easy-to-follow choreography & a pop music playlist (Beyoncé, Katy Perry, Usher), you'll experience a challenging workout in a positive & encouraging environment.

Dramatic Play-Play, explore, collaborate and create alongside your preschooler in this fun, interactive, drama experience! Become characters, explore different places and use teamwork to solve challenging situations drawn from picture books and from their own imaginations. This class gives your child a chance to showcase their creativity, while building social skills, speaking & listening skills, and problem-solving skills, all while having crazy amounts of fun!

Family Open Gym - Time for children and their adults to come together and play in the gym.

Gentle Yoga- basic yoga poses for all levels combining breath, movement and mindfulness

Pickleball - is a racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

Pi-Yo-combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Define yourself.

Pre-Ballet-Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting. No experience necessary.

Prenatal Yoga- breath/movement-focused class for women at all stages of pregnancy. Honor your changing body, connect with your baby, prepare for your birth in shared, sacred space with a community of mamas-to-be.

Pound - Channel your inner performer & rock your body with this modern-day fusion of movement and music. Using Ripstix-weighted drumsticks engineered for exercise- POUND transforms drumming into an effective full-body workout.

RAINBOW Dance- Primary Rainbowdance gathers children, teachers and parents around a parachute to blend storytelling, object lessons, and repetitious movements set to diverse music and improvisation to provide the safe structure necessary for children to develop confidence and find the joy of dancing in a group. *Siblings up to age 5 welcome. Fee includes caregiver.*

R.I.P.P.E.D- Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

ROCKSTAR- teaches children kindergarten through high school students how to play guitar, bass, drums and keyboards, compose their own songs, and perform classic rock n' roll hits. It harnesses the cognitive, social and creative benefits of music education in a fun and exciting format. Mondays August 31 to December 7, 2015 No Classes On: 9/7/2015 (Labor Day) & 10/12/2015 (Columbus Day) Price: \$208 per student

Senior Strength - An exercise program designed exclusively for older adults to increase strength, endurance and body conditioning.

TOT Time- Join us for a fun, active, story-telling, sing-a-long, wiggles and giggles time. This is an adult & tot interactive group for 1-3 year olds & caregivers. 30 minutes-group directed activity/30 minutes-gym free play.

Vinyasa Yoga - In this active and lighthearted class, you will transition from pose to pose in a fluid way that moves with the breath. Be prepared to be challenged and to have fun! All levels are welcome!

Zumba - A fitness program that combines easy-to-follow dance moves to Latin music along with other genres of music. Zumba routines incorporate interval training, alternating fast rhythms and resistance training. Burn up to 800 calories in a one hour workout that will have you sweating and slow rhythms and resistance training. Burn up to 800 calories in a one hour workout that will have you sweating and loving it!

The Mission of the Metropolitan Board of Parks and Recreation - To provide every citizen of Nashville and Davison County with an equal opportunity for safe recreational for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

*****Metro Parks does not discriminate on basis of age, race, sex, color, national origin, religion or disability in admission to, access to or operations of its programs, services or activities.**

This schedule is tentative. For more information, contact Vickie Craighead at or 615-862-8466 vickie.craighead@nashville.gov.